

The Senior Edition



October 2016 Volume 16 Issue 10 *A sampling of this year's Raffle Baskets!*

The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

1st Annual Healthy Harvest and Safety Symposium

October 13th, 9-2pm

Sponsored by the Worcester County Reserve Deputy Sheriff's Association. Join us for this FREE education event! Distinguished speakers, Senior Safety Bingo, raffles, public safety and wellness tips, community resources and more. Includes lunch!



Space is Limited!
Contact the Sheriff's Office to Sign Up!
Donna Ostiguy at:
508-796-2638 or email:
dostiguy@worcestercountysheriff.org

Additional October Activities:

Details Inside!

Legislative hours with Representative Kane and Senator Moore's Offices

Blood Sugar and Cholesterol Screening

Flu Shots, Monthly Screenings

Monthly Movie

Shrewsbury Policemen's Pasta Dinner

Dennis the Magician, Basket Raffle

Lunch and Learn:
"Managing Loss and Change During The Holidays"

Whipped Cream Challenge for Autism

Monthly CARES, Doctor Is In, SHINE Columns and More

Call to sign up for events...there is plenty more to do at the Senior Center and the Community in this issue!
Have a healthy month!

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Friends of the Shrewsbury Senior Center, Inc.
98 Maple Avenue, Shrewsbury, MA 01545
508-841-8640



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Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: jfield@shrewsburyma.gov. Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
November
Newsletter
is October 11, 2016

Senior Television Shows, SPAC-TV 28

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Wed., Oct. 5th Noon-1pm Legislative Office Hours with Representative Hannah Kane at the Senior Center. No appointment necessary. Your state rep is here for you and whatever concerns you might have!

Thurs., Oct 6th, 9am-12pm: Flu Shots: Did you miss last month's flu shot day? No worries! Walgreens is again sponsoring free Flu Shots! Please bring your insurance card. No sign up necessary.



Fri., Oct 7th, 10-11am: Brain Gym Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.

Wed., Oct. 12th 8am-12pm: Blood Sugar and/or Cholesterol Screening: Take advantage of this FREE informative screening. Dr. Clermont and nurse Lydia will offer free screenings. Must fast for at least four hours prior to the test. Please call to choose your test time.



Fri., Oct. 14th, 11:30am, Movie "Joy" Lunch at 11am. Last month, the movie had to be postponed due to the room set up for the September elections. We apologize for any confusion or inconvenience! The feature, "Joy" is the wild story of a family across four generations, and centers on the girl who becomes the woman that founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces. (PG-13, 2hrs, 4min) Actors: Jennifer Lawrence, Robert DeNiro, Bradley Cooper. *Thank you to this month's generous anonymous donor!* Movies have limited seating. Please sign up! Reserve lunch for 11am at the Village Café for a donation of \$2.50. The movie starts promptly at 11:30.

Men's Club Speakers For October:

10/6: Mr. Mike Kalinowski "Beneath Lake Quinsig"

10/13: No Club: Sherriff's Symposium

10/20: Mr. Robert Tozeski, Superintendent, Water and Sewer Department

10/27: Mr. Timothy P. Murray, President, Worcester Chamber of Commerce

Wednesdays at 9:30am: The "Complete Workout" Class has begun! Classes began on 9/28, but it's not too late to join! Look and feel your best while improving strength, flexibility and endurance. Exercise your mind and body with the latest in aging research, fall prevention and nutrition information with senior fitness specialist Karen McKenzie. Both men AND women can benefit from this class! \$25 for the course. Sign up through Parks and Recreation at 508-841-8503. See calendar for more information! Catch Karen's "Seniors On The Move" show on television! See left box above for station and times!

October Free Health Screenings:*Please call to sign up*

10/11(Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

10/11(Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings, weight checks and more with Dr. Clermont and nurse Lydia. Flu shots also avail!

Mon., Oct 17th, 12-3pm Chair

Massage: Tense, achy muscles? Loosen up and come enjoy a relaxing chair massage with Massage Therapist Kathie! Rates are \$1 per minute. 5, 10 or 15 minute massages are available. Call to sign up!



Tue., Oct 18th, 9am-12pm: Legal Clinic: Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. Advance signup is required, call the Senior Center to register.

Wed., Oct 19th, 12pm Police Pasta Dinner, Come and enjoy the annual pasta dinner, put on by the Shrewsbury Patrol Officer's Union. Call to reserve your seat for what is sure to be a delicious lunch!

Thurs., Oct 20th, 2-8pm: Blood Drive One pint of blood can help to save up to 3 lives! Every 2 seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-LIFE.

**Fri., Oct. 21st, 10-11am Ageless Grace ®**

Join the exercise program Ageless Grace®! Learn 21 Simple Tools that nearly anyone can do which assist in lifelong comfort and ease, designed to be done in a chair. The tools promote the 3 R's – Respond, Recover and React! This class will meet on the 3rd Friday of every month. You do not need to have attended previous classes to take part. Please sign up at the desk or call 508-841-8640.

Mon., Oct. 24th, 10:00-11, Senator Moore Office hours: Senator Michael Moore or a representative from his office will hold office hours at the Senior Center to meet with constituents on a first come, first serve basis. No appointment necessary.

Tues., Oct 25th, 1pm, Friends Program: Come and join the Friends as **Dennis The Magician** will take you on a fun-filled trip into the world of magic. His show will include comedy, illusions, live animals and audience participation. Come and enjoy a magical afternoon with friends, fun and food. This program is supported in part by the Shrewsbury Cultural Council. After the program, drawings will be held for the Basket Raffle. Bring a friend (or come make a new one!) and enjoy an afternoon of magic, friendship and refreshments.

Thurs., Oct 27th, 12pm: Lunch & Learn with Dr. C:

This month's talk will feature Dr. Clermont's guest Carol Recchion, MDiv. Bring your own lunch or buy lunch at the Village Café for the suggested donation of \$2.50. Today's lunch will be stuffed shells. (If you want lunch from the Café, kindly call 508-841-8757 to make your reservation by Oct. 25th) The talk will follow at noon. This month's important talk will be "Managing Loss and Change During the Holidays". Losing a loved one is often one of the most difficult things experienced in a lifetime. As the holiday season approaches, people who are grieving face new challenges. This presentation provides guidance on how to get through the holiday season with good self-care to reduce stress and helpful strategies to find hope and meaning. Carol Recchion, MDiv, has a background in Spiritual Based Counseling. She has worked for many years helping people manage the impact of loss in their lives. She currently provides community education on behalf of Brookhaven Hospice of Worcester County. Please call to reserve your seat for the talk so there will be enough hand outs, folders will also be provided for attendees.

Thurs., Oct 27th, 2pm Book Chat: For this month's Discussion please read *Isaac's Storm* by Eric Larsen. Copies are available at the NEW Shrewsbury Public Library's Circulation desk.

**Mon., Oct 31st, 1pm Halloween Whipped Cream Challenge for Autism Awareness:**

Join the Shrewsbury Senior Center in this fun event! The Foundation for Autism Acceptance Worldwide, which started right here in Shrewsbury, has put out an international challenge which has been taken up by celebrities, politicians, sports teams, schools and individuals around the globe! We will provide whipped cream and paper plates for the whipped cream "pies"...for you to put in your face or a friend's (with permission of course!) so you can experience and learn about the sensory issues those with Autism experience. The event will be videotaped so the more dramatic and silly, the better! All ages welcome! Sign up at the front desk or by calling 508-841-8640.

Help on Newsletter Mailing Day!: Free Coffee, Donuts and Muffins to help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the **November Issue is FRIDAY, October 28th at 8:30am.** Join us for a fun two hours!



CARES Column

*(Consumer Awareness and Resources for Elders in Shrewsbury)
By Dave Grillo, CARES Coordinator*

In last month's column I reviewed resources, local and otherwise, that protect and inform us as consumers. This month I want to go over some things we can do to protect ourselves.

Disregard unsolicited e-mails or phone calls that appear to be from your bank or other financial institution, the IRS, Social Security or Medicare, or any other organization. Instead, on an existing bank card, credit card, or documents the actual institution has sent you, find the actual phone number of the institution that is supposedly making the attempt to contact you, and call it to verify whether or not the solicitation is legit.

Instead of clicking on a link to update any computer software (Apple, Microsoft, Adobe, etc.), update only through the company's official website. Clicking on an unverified link is one way computers get infected with viruses. To check a link, hover your cursor over it; it will show the actual web address to which the link connects. It is always better to type in a verified web address rather than trust a link.

Any valuable item you purchase or sell on Craigslist or Ebay might be best exchanged at the police station, according to Bankrate.com.

The newer chip-embedded credit cards are only safer than the ones they have replaced if the cardholder is required to use a PIN. Unless a thief knows the PIN, he would not be able to make any transactions. All other cards have no such protection.

Your credit card company may lower the interest rate on your existing card if you ask. Late fees and other charges can also be waived, especially if it is your first request and you have a good history with the company. Also, by increasing your credit limit and keeping any balances low, you can improve your credit rating. Just ask.

When you attend any of those financial seminars that feed you for free, the cost is a sales pitch. Be wary of any high-pressure tactics. Research all your options, not just the ones presented there.

Thieves are most likely to steal your personal information by looking through your trash or stealing your mail. Use a shredder to dispose of any documents that contain identifying information, including credit applications. Secure checks and sensitive personal and financial information in locked places. Consider a lockable mailbox.

Always talk to trusted family members or friends before making financial decisions you are unsure about!

Volunteer Opportunities

**By Stacey Lavelly
Volunteer Coordinator
508-841-8758**

September Volunteer Opportunities

Bridges "Our Stories" Intergenerational Program: Starts this month at the new library! This 6 week program will focus on storytelling and doing an activity with Pre-K to 3rd graders each week using picture books from different eras. Volunteers are needed to collaborate with small groups of the children.

Fill-In Senior Greeters 2016- 2017 School Year: The Shrewsbury High School Greeter program is in need of dependable, flexible fill-in greeters for the 2016-17 school year. No computer experience necessary but a friendly demeanor is!

Meals On Wheels Drivers: We are still seeking drivers to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon. Gas stipend available.



New Classes at Senior Center: Please let me know if you are interested in leading a class or group at the Shrewsbury Senior Center. We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me. I am here Mondays, Tuesdays and Thursdays from 9-3pm. Please call for an interview, I'd love to hear from you!

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities. New volunteer opportunities come in all the time. If you do not see something you are interested in here, call me and we can discuss other options.

Thank You Donors!

Recent Donations Include:

- Memorials for Joseph Maguire,
Manuel "Manny" Simonian and Elayne Gilbert
- Duplicate Bridge Club
- Bucket List Travelers
- Small Home Repairs
- Shrewsbury Women's Club
- Independent Artists

Veterans' Services: If you are a veteran, or the spouse/widow of a veteran, you may want to look into what benefits may be available from either the Commonwealth of Massachusetts (Mass General Laws, Chapter 115) or the Federal Veteran's Administration (VA). Programs are in place that can help with housing costs, medical bills, health care, pensions, disability compensation, and burial expenses. If you would like to find out what may be available in your particular case, contact Veteran's Service Officer Mike Perna at 508 841 8386 or District Director Adam Costello at 774-551-5782, or by stopping by our office in the Senior Center. Office hours are on Thursdays from 8:00 AM to 4:00 PM.

Words From The Friends

The Basket Raffle is in full swing! There is still time to purchase tickets. The baskets will be on display at the **Senior Center** until **Tuesday, October 18**, where we will be drawing the winning tickets at the conclusion of our monthly program.

The purpose of the Friends is to provide funds for programs, social services for Shrewsbury seniors and to purchase non-budgeted items for the Senior Center,. With the growing number of seniors in town, the financial needs of the Senior Center increase as well.

Membership is an important part of our fundraising as well as grants, donations (gifts) and special events—raffles, fleas markets, etc. People do not need to be a senior to be part of the Friends; all members of the community are welcome.

To meet the growing needs of Shrewsbury seniors and the Senior Center, the Friends are looking for “Friends” who are interested in taking an active part in the organization including fund-raising. If you are interested, or want more information, please call Susan Shaw at 508 523-4346 or email her at susangshaw0@gmail.com.

We need a recording secretary for the Friends Board and for people who are interested in serving on our newly expanded Board of Directors.

Just a sampling of the beautiful Raffle Baskets that are on display this month through October 19th! Come to the Senior Center and take a chance while supporting a great cause!



These useful themed baskets have been made possible by numerous local donors made up of individuals, businesses and organizations. Ticket

prices:
1 for \$1
3 for \$2
8 for \$5
18 for \$10

Reminder:

The friends of the Shrewsbury Senior Center is a 501(c)3 non-profit organization. Your membership dues and donation are tax deductible. Please join or renew your member ship (if you haven't already) for our year that ends June, 30, 2017.

Sponsorship Opportunities:

Individuals and other sponsors are needed for the Newsletter, Activities, Speakers and Monthly Movies! Cost to sponsor a movie is \$80, which covers the DVD purchase and refreshments. Sponsorship will be recognized unless otherwise requested.

Thank you to this month's movie sponsor who wished to remain anonymous. Your generosity is greatly appreciated!

Membership year is July 1, 2016 - June 30, 2017.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
() \$20.00 Couples Membership
() \$_____ Additional Donation

Name-----

Address-----

City, Zip-----

Phone#-(-----)-----

Email Address -----

Make Checks payable to:

FSSC, Inc.


98 Maple Avenue, Shrewsbury, MA 01545

Thank You for your continued support!

Attention Non-Shrewsbury Residents!

Mailing outside of Shrewsbury affects our Bulk mailing rate. If you want to receive this newsletter and you don't live in town, the cost of mailing of the Senior Edition newsletter is now \$10 per year to help defray these costs. Please send your request and payment to: Shrewsbury Senior Center, 98 Maple Avenue. Shrewsbury MA 01545 or drop it off on your next visit to the center. Thank You!

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-11:30 Roger's Coffee Shop 11:00-1:00 SSC Club (Bingo) 11:30 Whist 1:00-2:00 Senior Challenge 2:00-3:30 Current Events	8:00-9:00 Tai Chai 9:00 Walking Club 9:00-12 Piano Lessons 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 9-11:30 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every 1 12-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30-9:15 Tai Chai 9:00 -11:30 Rogers Coffee shop 9:30-10:30 Complete Workout** 10-12:30 Scrabble 11:00 Yoga 12:00-1:00 BP/Weight Scr. 12:30 Bridge 1-2:00 Mindfulness Meditation 1:00-2:00 Pilates 1:00-3:30 Whist 2:30-3:30 Country/Western Dance Lessons	9:00-11:30 Roger's Coffee Shop 9:00-11 Friends Men Club (No 10/13) 10:30-11:30 & 12:00-1:00 Open/Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9:00-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 10:00-11:00 Men's Support Group 12:30 -1:30 Senior Challenge (Fitness) (No 10/14) 1:00 -3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors
**Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503				
3	4	5	6	7
Roast Pork w/Gravy Mashed Potatoes Fresh Fruit	Shepherd's Pie Carrots Mandarin Oranges	Bacon Omelet O'Brien Potatoes Fruited Ambrosia	Chicken Cacciatore Penne Pasta (plain) Vanilla Mousse	 10:00-11:00 Brain Gym Smoothie Workshop Baked Fish Lemon Seasoned Potato Peaches
10	11	12	13	14
Columbus Day Holiday All Municipal Offices Closed	Van Trip: WalMart 10:00-11:00 Neuropathy Workshop 1:00-2:00 Hearing Screening Pot Roast Stew Steamed Potatoes Mixed Fruit	Foxwoods Trip—Men's Friends Club 8:00-12:00 Blood Sugar and Cholesterol Screening 9:30*COA Board Meeting <i>(Please note special time this month)</i> Chicken a La King Wild Rice Chocolate Mousse	9:00-2:00 Sheriff's Symposium Lunch Included! (MOW ONLY:) Meatloaf and Gravy Garlic Mashed Potatoes Peas	11:30 Movie & Lunch Macaroni and Cheese Stewed Tomatoes Fresh Fruit

17	12:00-3:00 Chair Massage	18	1:00-2:00 Monthly Friends Program: Dennis the Magician Basket Raffle to Follow!	19	9:00-12:00 Legal Clinic 12pm: Police Pasta Dinner (MOW ONLY:) Pork with Apples Tuscany Style Vegetables Brownie	20	2:00-8:00 Blood Drive Salmon Boat Garlic Mashed Potatoes Mandarin Oranges	21	10:00-11:00 Ageless Grace Beef and Bean Chili Brown Rice Fresh Fruit
24	10:00-11:00 Michael Moore Office Hours Roast Turkey Mashed Sweet Potatoes Pudding	25	Van Trip: Auburn Mall Pork Rib-I-Que Hot Potato Salad Strawberries with whipped topping	26	Cracker Crumb Fish Rice Pilaf Fresh Fruit	27	12:00--1:00 Lunch and Learn with Dr.C's Guest 2:00-3:00 Book Club Discussion <i>Isaac's Storm</i> Stuffed Shells Carrots Birthday Cake	28	Newsletter Mailing Garlic Herbed Chicken Mashed Potatoes Peaches
31	1:00 Whipped Cream Challenge for Autism Beef Patty with Roll Tater Tots Yogurt	The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal donation of \$2.50 would be appreciated. For a full menu please see the Senior Center kitchen or front desk. (MOW—Meals on Wheels entrée only).							
PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up.									

**THE DOCTOR IS IN:
with Dr. Harvey Clermont, "Dr. C"**

Do You Want to Live to be 100?



This question was asked of 1,405 seniors, aged 75-90 and published in the journal Age and Aging. Only 1/3 of the participants wanted to live to 100. What motivated them to that decision? Conversely, what motivated the majority to turn "thumbs down"?

Many seniors value their lives, capturing the hopes and "true meaning" of life. This may or may not be augmented by their religious beliefs or faith. Younger people may characterize seniors by chronic illnesses, disabilities and negative conditions.

The most frequent reason given for wanting to reach 100 was conditionally related to future health and independence. Most had a positive attitude with an emphasis on family or ongoing projects.

Among those *not* wishing to live to 100, many expressed a pessimistic attitude. They felt that life was no longer meaningful and that disease or poor functioning would be inevitable. Some lamented that they did not wish to become a burden to others. There was a fear of loss of autonomy, frailty and loneliness.

What can we learn from this study?

1. Many years ago I formulated my "10 Health Commandments for Seniors". They are as pertinent now as ever. I will list them for you again in the hope that you will embrace them.

1. Do no harm (to yourself).
 - (a) Avoid abuse (b) Get enough Sleep!
2. Exercise regularly (habit).
3. Socialize (avoid isolation) – if you are a caretaker, involve family or others to form adequate supports.
4. Do good. Volunteer.
5. Avoid "poly pharmacy" (Chase symptoms? 1 disease= 1 drug indication=Side effects)?
6. Use prevention instead of treatment (follow recommended tests and screenings, prevent falls).
7. Use power of prayer, meditation or spirituality
8. Let the sunshine in! Be positive!
9. Address end-of-life issues – be prepared!
 - (a) Health Care Proxy (see Walter's column!)
 - (b) Advanced Directive
 - (c) Power of Attorney
10. Embrace 2nd opinions.

Dr. Harvey Clermont is a retired surgeon and longtime volunteer at the Shrewsbury Senior Center. He currently serves as Friends of the Shrewsbury Senior Center, Inc. Vice President.

Life Line Screening Available:

October 10, St. Anne's Church, Shrewsbury

Choose from two packages to test for Carotid Artery Plaque, Heart Rhythm, Abdominal Aortic Aneurysm, Peripheral Arterial Disease and Osteoporosis Risk Assessment. 4 test for \$139, 5 for \$149. Call 1-888-653-6450 for required registration. Flyers available at Senior Center.

News from SHINE

(Serving Health Information Needs of Everyone!)

Ed Roth, Regional SHINE Coordinator

**The Medicare Open Enrollment begins on
October 15th and ends on December 7th**

Don't Wait Until It's Too Late!

Make a SHINE Appointment Soon!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans, they can also drop providers from their Plan, so it's important to review your options EVERY year



to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment with trained volunteer counselor Mahesh Reshamwala. Free, confidential counseling on all aspects of health insurance is available to anyone on Medicare. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program sponsors a monthly Cable TV program called "SHINE'S MEDICARE AND MORE". This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. See page 2 for station and times.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs. We also have a link to our the cable TV program Medicare and More.



**Outreach Coordinator
Walter Rice, LCSW,
Set up an appointment
at 508-841-8647**

Do you have a Health Care Proxy? 3 page packets are now available explaining things you should know about this simple, legal document you can do yourself. Packet includes the one page form. Call or stop by to get your copy!

Fuel Assistance News: If you have received Fuel Assistance in the past, you should have received your re-certification paperwork in the mail. If you need assistance, even if it is just for all the photocopying that is often required, the Senior Center is here to help. During last fiscal year's cycle, 278 clients were served in Shrewsbury with a total of \$163,239.41 distributed in Fuel Assistance! Do you qualify this year? Income limits are \$34,001 for a single person household, \$44,463 for two. New applications will start in November.

Short Term 1-1 Emotional Support: Are you feeling overwhelmed, stressed or sad? Walter can meet with you at the Senior Center or at your home for your convenience to listen non-judgmentally and possibly provide new options and choices to help you to address your issue(s) to get you "un-stuck"!

Small Home Repair Program (SHRP): PLEASE be safe and don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all small repairs you may need help with. Light bulbs need changing? Unsafe steps, stairs, railings? Being safe in your home is important. Call and explore the options that are available.

All information shared in Outreach is Confidential! If you have a friend or love one in need, please let Outreach...Reach Out!

Mindfulness Meditation Classes: Classes are on Wednesdays from 1:00pm to 2:00pm. The focus of this FREE group class is to help reduce stress & anxiety that may be happening in your life. If you have questions or would like to learn more about this growing group, call Walter.

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. **Water Rice is a Reiki Master** and can provide this gentle healing technique. Call him if you would like to make an appointment for a FREE half hour session or to learn more.

Men's Support Group : Every Friday 10-11am, This is a **Confidential** group with the purpose to provide support regarding issues related to: Death of Spouse, Grief, Sadness, Loss, Loneliness, Marital Separation, and Divorce. Facilitator is Walter Rice, Outreach Coordinator. Please contact him for more information.

The Rainbow Lunch Club has expanded to the Rainbow Supper Club!

The Worcester LGBT Elder Network (WLEN) and Elder Services of Worcester are proud announce the launch of the Rainbow Supper Club. The first meal will be held on **October 4th** at the Unitarian Universalist Church, 90 Holden St, Worcester. To learn more about the Lunch or the Supper Club or to make reservations: contact WLEN the week before at 508-756-1545, ext 404, or e-mail wlen@eswa.org. Brochures are also available at the Senior Center or by mail, or learn more on the website: www.eswa.org/lgbt.



News from Elder Services of Worcester, Inc. the state "Aging Service Access Point" (ASAP) for Shrewsbury:

To learn more about any of the programs below, contact
Debbie Dowd-Foley, 508-756-1545 or email Ddfoley@eswa.org.
Copies of Posted Flyers also available at Shrewsbury Senior Center.

October 13th, 6-8pm Raising A Grandchild?

Listen to a "Town Hall" style forum at the Worcester Senior Center on kinship issues in MA, especially as it relates to the current opioid epidemic. Afterward, let your voices be heard as to how the Attorney General Healey's office can help children and families.

October 18th, 2-3:30pm Dementia Caregiver?

The FREE "Memory Café" at the Worcester Senior Center. Your loved one will be able to socialize in a safe environment while you can meet others and get support. This is simply a time to socialize for you and the person with dementia, it is NOT a support group or drop-off Respite. Watch for details on Shrewsbury's Café to begin soon!

November 1st, 5-7pm New Shrewsbury Library: Music and Caregiving

Cara Brindisi, MT-BC will explain the power of music for those with Alzheimer's and dementia to shift moods, manage stress, help with cognitive function and much more. All guests will be entered into a raffle for an iPad shuffle or iTunes gift card. Family caregivers only, registration required.

For more detailed information you can find brochures in the Senior Center Travel Stand

Bucket List Travelers (formerly Seniors On The Go): Contact, Dave Stevens at davemts@chcharter.net, 508-869-6830 or visit website: www.bltofma.com.

Bucket List Travelers and a representative from Collette Travel will hold an Informational Presentation on **December 12th at 2:30 PM** at the Senior Center to provide a video program with details about two additional adventures in 2017 – **“UK by Rail”** (September, 2017) and **“Southern Charm”** (October, 2017). Attendance Prize drawing. Please RSVP to Dave Stevens for the December 12th presentation. There is no obligation to register for these trips, simply come to learn the details and how you can save money when you book early. Pick-ups for all events are in Shrewsbury where your car can be left in the parking lot.

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow: 508-835-4312 or e-mail: glady2@verizon.net. Flyers at Senior Center.
Dec 11 (Sun) Stocking Stuffer Tour & Bright Nights Christmas Lights (well into our second bus) \$99.00

2017 Trips:

Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch \$89.00
April 8 (Sat) Broadway Show “ONCE”, Palace Theater with lunch, Waterbury, CT \$139.00
April 23 (Sun) Daffodils at Blitewold Mansion, Bristol, CT \$99.00
May 13 (Sat) Albany, N.Y. Tulip Festival \$99.00

We are exploring a trip to **Iceland** in 2017! Call if you would be interested!

Bob Zinkus 2016 Trips: 508-757-1210 or zworchester@verizon.net, Checks to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604. All trips leave from Our Lady of Loreto Church, 33 Massasoit Road, Worcester.

Foxwoods Casino: (Oct 13, Nov 10, Dec 1) Receive \$10 slot play, buffet voucher, prizes on bus \$25/day

Mohegan Sun Casino: (Oct 30) Buffet voucher, \$15 Spin on the Wheel \$25

Turning Stone Casino: (Nov 1-3) Verona, NY. 2 nights at this huge casino. Various play vouchers, 2 breakfast buffets, meal credit. 4 hr ride. \$289/per person (double)

New York/Atlantic City: (Nov 28-30) Radio City Christmas show, 2 night stay in Atlantic City. Food voucher, slot play, ticket to Christmas show. \$289/per person (double)

December: (12/10) Christmas Spectacular (Waltham) \$121, (12/31) New Year's @ Noon, Odyssey Cruise \$91



Trip to Foxwoods Casino, Wed, Oct 5th, 8:00am with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign ups are now done directly through Joe Montecalvo (508-234-5162), not at the Senior Center front desk. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Parking spaces at the Senior Center are limited so please car pool.

Friends of the Worcester Senior Center: Contact Shirley White: 508-792-2948:

Casinos: Oct 7, Oct 25: Foxwoods, 8:30-5pm, \$20 each

Foliage Tours: Oct 5: (Wed) Vermont Country Store, Castle Hill Resort for lunch, glassblowers, pottery: \$88

Oct 11: (Tues) Quabbin Reservoir guided tour, Salem Cross for lunch, orchard and farm stand: \$65.

October Community Events!

October 7th (Friday) at 12pm: The Shrewsbury Woman's Club will be meeting at The First Congregational Church, on Church Road in Shrewsbury. Lunch will be served at 12 p.m. Entertainer, Jack Craig, will present “The Modern Era of Popular Songs”, a sing along. The Art corner will be family photos of club members at play. All are welcome.

October 15th (Saturday) from 8am-2pm: Come to the Annual Fall Bazaar at the Francis Gardens Community Room, Francis Gardens Court in Shrewsbury. Something for everyone!

October 20th (Thursday) beginning at 6pm: Daughters of Isabella (Adelphae Circle #1089) will hold their annual Penny Sale at the Knights of Columbus Hall, 206 S. Quinsigamond Ave. Fun for everyone, bring a friend, all proceeds go to charity!



Fall 2016 Yard Waste Pick-up Program

LEAVES, GRASS & SMALL BUNDLED BRANCHES

Will be picked up at the curb on your regular rubbish collection day during the following weeks in the Fall of 2016:

October 17 thru October 21

October 31 thru November 4

November 14 thru November 18

November 28 thru December 2

Yard waste must be in the 30 gallon paper lawn & leaf bags and lined up at the curb by 7:00 A.M. Brush will be picked up if it is no larger than three inches in diameter, cut into four foot lengths and securely tied into bundles. Please do not set out sooner than your collection day.



Shrewsbury Senior Men's Club

Thursdays, 9-10:30am

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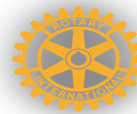
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Last But Not Least: Odds and Ends:

-Want a nice **Patio** to sit at on a nice autumn day? Grab a cushion from the hall way and enjoy our peaceful patio set. You may catch a glimpse of some of the various birds that live on the grounds, a flock of turkeys, the Canadian black squirrel in residence...even deer have been spotted!

-The Senior Center has an **Organ**...call if you'd like to make arrangements to play!

-There are hundreds of **Videos** at the Senior Center, come sign a few out to watch!

-Like **Puzzles**? We've got lots! Come and bring some home to make and keep your mind agile!

-Avid reader? Take a book, trade a book, we've got **Books!**

Watch For Next Month:

November 8th: Election Day: Glitzy Girl Jewelry Sale at Senior Center...makes great Holiday gifts! Portion of proceeds go toward Senior Center.

November 10th, 1pm: "Two To Tango" performance: Rescheduled from June, this play will feature acclaimed local actor and actress Richard Clark (Mark Twain, Clarence Darrow, John Barrymore) and Lynne McKinney Lydick (Clara Barton, Abbey Kelley Foster). Made possible by a grant from the Cultural Arts Council. Sign up now!

Publications Available At The Senior Center:

WISE Fall 2016 Course Catalog: Another great offering of courses at Assumption College's Worcester Institute for Senior Education. Courses still available. Call 508-767-7513 or visit www.assumption.edu/wise or view the Senior Center's Reference Copy.

2016 Guide to Private Home Care Services in Central and Western MA:

This 29 page reference booklet is available at the Senior Center.

2016 MA Home Health Resource Directory: This 306 page informative reference guide is available at the Senior Center. There are four tabs: Information, City, Agencies and Allied/Individuals.

2016 Assisted Living Resource Guide: This 280 page reference guide is available at the Senior Center.

Summer/Fall 2016 Guide to Senior Living and Care: These 34 page booklets are made by New Life-Styles: the Source for Senior Living. There are plenty available at the Senior Center. Come pick one up or call to have them mailed.



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